

PROPER INHALER USE FOR ASTHMATICS

Arizona Department of Corrections
Health Service Bureau

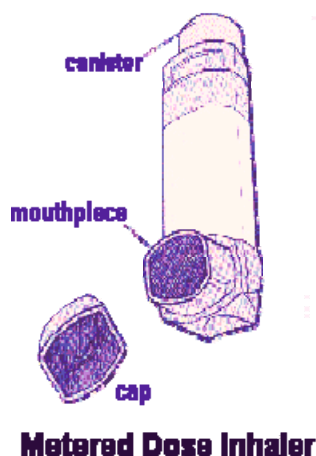
Inmate Wellness Program
HEP 1049- 01/06

A meter-dose **inhaler (MDI)** is a canister that releases medicine as a mist. You inhale the mist into the airways of your lungs.

As an asthmatic, you may be on more than one inhaler. Make sure you know what inhaler to use and when to use it. If you have any questions, turn in an HNR and a health care staff member will get back with you.

To use your inhaler:

- 1) Shake the inhaler vigorously.
- 2) Hold the inhaler upright so the mouthpiece is at the bottom.
- 3) Open your mouth and hold the mouthpiece about two to three finger widths in front of your mouth.
- 4) Breathe out normally.
- 5) Press the inhaler down once so it releases a spray of medicine into your mouth while you breathe in slowly. One spray is called a puff.
- 6) Continue breathing in as slowly and deeply as possible.



7) Hold your breath for 10 seconds or as long as is comfortable (this gives the medicine time to reach the airways).

8) Breathe out slowly.

9) After taking a few normal breaths, repeat steps 1 through 8 for another inhalation (puff) if required. Take the number of puffs prescribed by your health care provider.

Reference: Metered-Dose Inhalers (MDI): How to Use. Clinical Reference Systems 2001. MD Consult Patient Education.

